

# What can I do with my Psychology degree?

According to the British Psychological Society's careers website, only about 20 per cent of psychology graduates end up working as professional psychologists. However, this does not mean that psychology graduates do not use the skills they have learnt. They are well placed for careers and further training in many fields. Here, with the help of our past students we highlight a few examples of these varies career options.

#### TABLE OF CONTENTS

This bookelt is broadly organised in terms of the following types of employment.

# **Professional Psychology Jobs**

Clinical Psychology

Counselling Psychology

**Educational Psychology** 

Healthcare/Medicine

Research/Academic

# **Other Areas of Employment**

Management

**Public Relations** 

Finance

Charity/Public Sector Roles

University of Bristol students wanting any additional careers support should contact the University Careers Service.

Additional resurces for careers information are also provided in the links at the end of this document.

Dr Jenna Todd Jones, Clinical Psychologist, Lecturer BSc Psychology, 2009; MSc Neuropsychology, 2010; PhD, University of Bristol, 2015; DClin Psych, 2018 A-Levels: Psychology, English Literature, Theatre & Computer Studies



#### How did you get your job?

I studied for a very long time! A clinical psychologist works with people with severe, enduring, and complex mental health difficulties. I chose to specialise in caring for people with brain injuries or degenerative brain conditions such as Parkinson's and multiple sclerosis, as well as stroke, a traffic accident and cancer. I am also a lecturer at Bath University where I teach students about clinical psychology and the brain. A typical day involves meeting NHS patients either at the hospital or in their homes. I talk to them about how I can support them with psychotherapy. I also spend a lot of time talking to the staff I work with about how they are working with sconduct research alongside local university students and trainee clinical psychologists. When you see a patient who struggled very badly at first begin to recover it makes me happy! I plan to complete the Qualification in Clinical Neuropsychology (QICN), to become a registered clinical neuropsychologist. I hope to continue working partly at the hospital and partly lecturing at the University as I thoroughly enjoy both jobs!

#### What have been your challenges?

It has been a demanding journey and I will admit that at times I wasn't sure if I was the right person for this job, and whether I had the strength to commit to getting here. I struggled with my mental health personally, which has only made me a stronger advocate for this work.

#### In what way is your university qualification relevant to this role?

My psychology degree provided me with a grounding in knowledge and theory and inspired me to pursue my career. My MSc allowed me to study further in this area. My PhD developed my ability to design and conduct research. Clinical psychologists are evidence-based practitioners, meaning we use research findings of therapeutic interventions to determine our practice. I also trained in using electroencephalography (EEG), eye-tracking, and magnetic resonance imaging (MRI). My Doctorate in Clinical Psychology was necessary in order to practice as a clinical psychologist. I gained experience in different disciplines before specialising. I conducted research examining how positive psychology traits like resilience are linked with return to work after a brain injury. I also volunteered a lot for public engagement events which helped me develop my communication skills.

#### What advice can you give to others wishing to enter this field?

Be prepared for the long slog, it is very much worth it. Understand exactly what the job entails and if it is the right one of you. There are many parallel professions that may better suit you. Look after yourself! If my work has taught me anything it's that life is short, and you must do what makes you happiest in the short- and long-term. Having said this, when you figure out how to balance that out let me know!



Dr Laura Wade Clinical Psychologist, Adult ADHD Clinic, Bristol BSc Psychology, PGCert Psychological Therapies, MSc Neuropsychology, University of Bristol, DClinPsych A-Levels: Biology, Chemistry, Maths, History

#### How did you get your job?

I have worked at the Adult ADHD Clinic in Bristol for the last two and a half years. After completing my doctorate I used the NHS jobs site to look for NHS positions in clinical psychology. My job entails providing specialist assessment and treatment to adults with Attention Deficit Hyperactivity Disorder and the development of clinical formulation and therapeutic interventions. In addition, I provide consultation and supervision to other staff and students and engage in a number of clinical research and audit projects. My working week is very varied. One day a week I see patients for new assessments of ADHD. I also see patients who are transitioning their care from child to adult services. I may also see patients for reviews of on-going treatment. This means I also do a lot of report/letter writing as part of my job. I also do quest lectures on ADHD for various clinical training programmes in the South West. The most rewarding part of my job is helping patients gain insights into their own condition and changing their lives as a result of the therapy I can offer. I hope to continue working in the NHS as a clinical psychologist and hopefully in more senior roles such as a clinical lead. As a service we have a long waiting list which patients are unhappy about. Working in the NHS means that there is always more demand than resources and this can be challenging.

#### In what way is your university education relevant to this role?

As a psychologist I need both my BSc and DClinPsych to legally practice so these were relevant requirements. The MSc helped me learn about an interesting area very relevant to what I do now and also provide further evidence of my academic and research abilities. The PGCert was a specialist CBT qualification and was part of my first job in the NHS, where I was providing CBT for anxiety and depression in the community. In my spare time earlier in my career, I did voluntary work in the NHS and also charities, such as Headway. This was invaluable in terms of gaining experience, good references and also showing my commitment to my career. This is vital in my opinion in a career in clinical psychology which is a very competitive field.

#### What advice can you give to others wishing to enter this field?

Make sure that you want to do clinical psychology rather than just working in mental health in general. Explore other related careers before choosing the most competitive one (e.g., psychiatry, mental health nursing, occupational therapy, social work or counselling). Get as much work experience as you can either in the NHS or with charities. Do not rely on your degree alone. Build good relationships with your employers and do the basic stuff like turn up on time, appropriately dressed and treat people with respect. You never know when you will need them for a reference! Also, try to learn something from every job you do.



# Georgina Cox Trainee Clinical Psychologist, London BSc Experimental Psychology, University of Bristol, 2014 A-Levels: Classical Civilization, Economics, Physics



#### How did you get your job?

I had to apply to a university course offering a professional doctorate in clinical psychology. To get onto the course, I needed several years of experience working clinically with people experiencing mental health difficulties. I have been in this role for about 6 months now. I study part-time and I am on placement part-time with Camden and Islington NHS Trust delivering therapy to people who have experienced psychosis. A typical day involves team meetings, individual therapy sessions with clients and supervision sessions where I can discuss cases that I am working on with my clinical supervisor. I love working with people and doing work that aims to help people to live more meaningful lives. My ambition is to become a qualified Clinical Psychologist.

#### What have been your challenges?

It took quite a long time to get a place on the clinical psychology doctorate course which came with a number of rejections along the way.

#### In what way is your university education relevant to this role?

Gaining my psychology degree was a requirement for the course that i am now completing. It is only possible to qualify as a Psychologist if you have an undergraduate Psychology degree that is recognised by the British Psychological Society.

#### What advice can you give to others wishing to enter this field?

Don't give up after being rejected. Gaining a place on clinical psychology training is a long journey but it is possible and worth it.



Bea Herberts
Director, States of Mind, London
BSc Experimental Psychology, University of Bristol, 2014
A-Levels: Psychology, History, Philosophy & Ethics,
English Literature

#### How did you get your job?

After my degree I began training as a psychotherapist. I felt frustrated by the limited career choices and I wanted to develop ways for therapeutic models and approaches to be applied more easily to people's lives. I completed a social enterprise programme and set up States of Mind. I work with young people in education and community settings to design new forms of support. Each working day always feels different. I do a lot of listening and thinking about people's perspectives and stories. I work with young people, teachers and professionals to come up with new ways of doing things. I love that I work with people and ideas every day. I feel like I get to see a side to life that is often hidden or only explored within friendships and close relationships, so I get to know people on a deeper level through my work. I love having freedom to adapt and change what my work looks like and to think with other psychologists about deep and complex issues in a solution focused way. I would like to contribute to research and policy around new ways of applying psychology to promote mental health in society. My ambition is to inspire others and to support the systems in society to be more psychologically informed and person centred.

#### What have been your challenges?

I have often struggled with the weight of the responsibility of what I do and the complexity of what I learn can often be difficult to manage if I don't have the right support. I have had to learn so much so quickly and a lot of things I try just don't work, so managing expectations and failures has been a big challenge. I've had to learn how to run a business, get funding, market and promote what I do while also focusing on creating change and all those elements bring can be difficult to manage.

#### In what way is your university education relevant to this role?

I regularly use skills in research methods and evaluation that I developed during my degree and the external speakers who delivered lectures also played a big role in inspiring me to develop my thinking more broadly. I volunteered with community organisations while at university and that really supported me to gain confidence in different settings and become familiar with different ways of thinking and working.

#### What advice can you give to others wishing to enter this field?

Trust your instincts and personal ambitions. Take risks and work with other people to create new ways of doing things. Our society is an open landscape for developing new ideas and methods for working and the biggest barrier is our own perceptions of what is possible. I encourage anybody who wants a career in the field to explore all the new ways of thinking that are emerging in this field.



Shiren Goush,
Assistant Educational Psychologist, Bristol City Council
BSc Psychology, 2015
MSc Applied Neuropsychology, University of Bristol, 2017
A-Levels: Maths, Biology, Chemistry & English Lit



#### How did you get your job?

I applied to a job advert and got invited to an interview selection process which involved a group interview, an individual interview and a test. I assist Educational Psychologists in compiling Statutory Reports for Educational Health Care Plans. Usually I will have been sent reports to proofread and cases to prepare. I attend school visits where I will take notes and make detailed observations. I also organise the annual Special Education Needs Conference. I am also involved in training related to Acceptance and Commitment Therapy, Video Interaction Guidance, Narrative Therapy and Adverse Childhood Experiences. The opportunity to learn about therapy and interventions to help children struggling with social, emotional and mental health needs is really interesting. I really enjoy the supportive work environment, receiving supervision, and having kind and considerate supervisors. I would like to become a clinical psychologist, specialising sports and movement therapy to help young people struggling with mental health issues. I would also like to contribute to research on depression and other mental health issues.

#### What have been your challenges?

In my previous role as a mental health youth worker my job was entirely based on direct contact with service users. However, working without supervision and sufficient support led to burnout so my challenge has been to figure out a middle ground that would allow me to engage in report writing and research while allowing direct contact with sufficient support. Another challenge was finding employment relevant to psychology directly. Being an international student made it much harder and the competition is fierce. One of the big challenges I have faced is trying to narrow down my area of interest and being sure about which path I'd like to pursue.

#### In what way is your university qualification relevant to this role?

The MSc course gave me the opportunity to complete a clinical project as an honorary assistant psychologist, an experience which was helpful in getting my subsequent jobs. The training in writing, critical thinking and giving presentations has afforded me the confidence to undertake my current role. I have been involved in numerous voluntary roles which gave me valuable experience and demonstrated my interest and passion in this area of work.

#### What advice can you give to others wishing to enter this field?

Don't be afraid to take lower paying jobs if they offer you the opportunity to gain experience. This will then serve as a base to propel you into better jobs. Do not worry about how long it takes. Take all the time you need to explore your areas of interest so that you can be sure when you finally pick a suitable route for you. Utilise the contacts you have and speak up, don't be afraid to reach out or ask questions because that is how you will learn and be able to open doors for yourself. Engage in lots of voluntary roles and opportunities in areas that spark your interest.



Jack Loxam
Trainee Counselling Psychologist, Dublin
BSc Psychology & Philosophy, University of Bristol, 2015
MA Philosophy, University of Amsterdam, 2017
A-Levels: Psychology, Philosophy, Politics

#### How did you get your job?

It took me approximately nine months to get onto my training programme. The recruitment process involved me providing a detailed account of my relevant professional experience including my personal reflections on the effects of these, and also a personal statement. Once I had passed this first round I then had to write in a more detailed, personally reflective fashion with four questions (e.g. describe the key personal learnings in your life to date) as guides. The final round took place over a day on campus beginning with a group interview, a written exam and then individual interview. I have two days a week on placement where I conduct psychological assessments and have a case load of between six and eight clients whom I meet weekly for short- to long-term psychotherapeutic treatment. Client sessions are usually around fifty minutes each, and there are also weekly supervision sessions with a Senior Counselling Psychologist who holds clinical responsibility for my work. In between these meetings I undertake the general administrative duties required for case management as well as relevant academic and practical reading required for the course. Days at university involve full days of classes and practical lessons (including group supervision and video analysis of our psychotherapeutic styles) with both permanent and visiting lecturers and trainers. The course also includes typically bi-weekly, six hour days of group psychotherapy with my coursemates. I would like to work as a counselling psychologist with a view one day to teach, supervise and/or train others.

#### What have been your challenges?

Adjusting to the so far less academic and more practical demands of the course compared to previous degrees completed has been a challenge.

#### In what way is your university education relevant to this role?

A thorough grounding in psychological research methods and theory is essential for my current course, but equally important has been my experience of volunteering and working in mental health, living and studying abroad, undergoing regular psychotherapy, enjoying and (very rarely) creating art, and listening more deeply to others.

#### What advice can you give to others wishing to enter this field?

More practically, gaining relevant experience (both academic and applied) as soon as, as much as, and for as long as you can. Develop your qualities of interpersonal sensitivity and self-reflection as these are key proficiencies in the counselling domain.



# Lena Berger Medical Student and Health Care Assistant BSc Experimental Psychology, University of Bristol, 2016 MSc Applied Neuropsychology, University of Bristol, 2017 A-Levels: Maths, Psychology, Biology, German



#### How did you get your job?

I am currently in my third year as a medical student, and during this training period I am also working part-time as a Health Care Assistant. For this I applied to a position advertised on the NHS careers website. I work 12.5 hour shifts as an HCA in which I help patients to get ready in the morning and with their personal care and meals. I measure the vital signs as often as the patient needs (depending on the reason for their admission). I make sure everyone is comfortable and try and help if they are not. Some patients require enhanced care observations, so I sit with them and make sure they are safe and get all the care and help they need. It is very rewarding to be able to help patients with their care. My ambition is to become a doctor and work with patients every day.

#### What have been your challenges?

Long days and understaffing in the NHS.

#### In what way is your university education relevant to this role?

The degrees (especially Applied Neuropsychology) have helped in understanding a variety of health conditions that are common among the patients I care for. It has been particularly useful in caring for patients with degenerative brain diseases as well as strokes and traumatic brain injuries.

#### What advice can you give to others wishing to enter this field?

Start working in the NHS as an HCA (Bank work can fit around other jobs and studying) just to get the experience of what it is like working in healthcare. Try asking doctors whether you can shadow them for a day to see what their day looks like. Some universities require Chemistry and Biology A-Levels as well as a degree in natural sciences, however some universities just require a degree and ambition or relevant work experience.



Sarah von Grebmer zu Wolfsthurn, PhD Student, BSc Experimental Psychology, University of Bristol, 2016 MSc in Applied Neuropsychology, University of Bristol, 2017 IB plus AS Maths, Chemistry, Physics, French, German and Italian

#### How did you get your job?

I knew I wanted to do a PhD during my Masters degree. I am currently working on the MultiMind project where I look at the interference of two or more languages within a multilingual brain using EEG and behavioural techniques, and my data collection has taken me to facilities in Germany as well and Spain. I spend my mornings analysing my data, designing the next experiment and keeping up with the literature. I am chair of the PhD Representative Council and organise monthly talks for our experimental group. The rest of the day is spent on data analysis, planning the upcoming weeks, organising my project, discussing with my interns and supervisors about future steps in the project and taking courses alongside my PhD. I'm passionate about neuroscience, so for me working everyday towards a better understanding of what the brain needs to do in order for us to understand a foreign language or to select the right language to speak in is what I enjoy the most. We get a lot of students interested in EEG research, so I also get to teach. I am also in a highly stimulating environment, where I get in touch with research very different from my own and therefore gives me a different perspective on things. Being a Marie Curie Fellow, it also means that we get to travel a lot to conferences, workshops and for data collection, which has been amazing. I would like to stay in academia, as my current favourite environment is a university where I have access to knowledge in the form of laboratories, courses, workshops and conferences. I would like to continue as a postdoctoral researcher once I finish my PhD.

#### What have been your challenges?

Being in a linguistics department is different in that there is a smaller circle of people who know about psycholinguistic research and methods. The challenge was to reach outside of that circle and cross the university to get support. Since I am the only MultiMind Marie Curie fellow in Leiden, my colleagues from the project are in different countries and getting in touch involves a lot more organisation and travelling.

#### In what way is your university education relevant to this role?

From my degree in Psychology, my degree in Neuropsychology and the Erasmus+ intern-ship at the MPI in Nijmegen the research methods part and the science communication part were highly relevant to my current role and led to me being a better researcher. My volunteering work as senior board member at Bristol Nightline and my involvement in the Department of Psychology and Bristol University as peer mentor and PsychSoc member made me a better, more flexible and more open person, which is highly relevant now that I am in a job that requires a lot of travelling and networking with different people from different backgrounds.

#### What advice can you give to others wishing to enter this field?

Do not give up! If you have set your mind on wanting to do a PhD and if you really want it, you will get there! You need patience and persistence, and do not be discouraged by rejections.



Kate Anning
PhD student, Cardiff University
BSc Experimental Psychology University of Bristol, 2018
A-Levels: Maths, Biology and Psychology



#### How did you get your job?

I got my current position by applying for an advertised PhD studentship and I have been in post for about 6 months now. My work entails carrying out assessments with children with emotional and behavioural difficulties, interviewing parents and working as a graduate teaching assistant on a Masters course, alongside my studies. On testing days, I work with children to assess strengths and weaknesses in areas such as language, attention, memory, theory of mind. In my research I work on developing an intervention to improve executive function in this group of children. I also attend regular supervision meetings to discuss the children we see and research which is being undertaken. On teaching days, I provide material and support for MSc workshops. I really enjoy working with children with emotional behavioural difficulties. I would like to peruse a career in research or as a clinical psychologist. I am also interested in working in policy surrounding improving care systems for vulnerable children and people.

#### What have been your challenges?

I've had to learn to manage my time to ensure my teaching and testing duties are met, alongside research and study for my PhD.

#### In what way is your university qualification relevant to this role?

I studied psychology which gave me a strong understanding of the psychological underpinnings of my current research, how to write essays and lab reports, deliver presentations and conduct my own research on an area I am interested in. Alongside my studies I gained experience through voluntary and paid roles, working with children and adults with learning difficulties in care, education and playscheme settings.

#### What advice can you give to others wishing to enter this field?

Look out for support work jobs. They can be very tough but they will teach you a lot. Psychology is a very competitive field so explore your options by trying out different things and working with different types of people.



Edouard Bonneville, PhD Student in Biostatistics BSc Experimental Psychology, University of Bristol, 2016 MSc Statistical Science, Leiden University, 2019 OIB Scientific Track. A variant of the French Baccalaureate with extra courses in English

#### How did you get your job?

I have been a PhD student for the last two years. I applied to the opening a few months before graduating. I was already familiar with the department, as many of the professors were lecturers on my MSc course. The selection process consisted of a single interview. I research/develop statistical methodology, with applications predominantly in the field of hematopoietic stem cell transplantation. In particular, I focus on challenges with missing data in survival analysis, with so-called competing risks and multi-state models. My duties include meetings with my supervisors or with other researchers to discuss ongoing projects. I also assist the teaching of statistics to medical students. Otherwise, time is generally split between programming (mainly in R), reading research papers and writing up current studies. I love that I can work on a variety of applications, without necessarily being an expert on any of them. For example, I can work on a project predicting survival 5-years after a pancreatic cancer diagnosis, without knowing much about the cancer itself! I also enjoy the fact that the work I do can have a tangible impact on future medical decision making. Following the completion of my PhD I hope to become a statistical consultant, with focus on medical or biological applications, hopefully combined with teaching.

#### What have been your challenges?

It has been a challenge to stay motivated and organised. Large amounts of new knowledge need to be processed rapidly, and you can often feel like you are not good enough for the job. Keeping a healthy work-life balance has helped me in this.

#### In what way is your university education relevant to this role?

The statistical courses in my psychology degree were important in developing an interest in the topic. The general emphasis on the scientific method and written and oral presentations has been extremely useful. The Master's thesis was however by far the greatest factor for me applying for a PhD position. It gave me the skills to pursue a PhD, despite having not done much Mathematics since high-school, and not knowing how to program beforehand. Extra-curricular sports roles were also helpful in terms of gaining self-confidence and time-management skills.

#### What advice can you give to others wishing to enter this field?

Learn to program! Even if it is just for fun at the beginning, it is an extremely useful tool. For working in Bio/Medical statistics, a Masters degree is generally a minimum requirement and there are many programs available all around Europe and the US. If you are switching fields, it will be challenging at the beginning but also extremely rewarding.



Dr Madeleine Keehner, Senior Research Scientist, Educational Testing Service, USA BSc Psychology, University of London, 1988 PhD in Psychology, University of Bristol, 2002 A-Levels: Psychology, Sociology, Human Biology



#### How did you get your job?

After my PhD I had a couple of postdoctoral research positions and a couple of university lecturer roles. During this time I was studying how people interact with different kinds of computer-based representations of information. I wrote an application that showed how my academic expertise could be applied to educational technologies. I am involved in projects assesing the use of technology for educational assessment and learning (e.g., computer-based testing, educational simulations). I advise on the design of assessment tasks and new digital question types in large scale tests for US national and state education departments. I work on many different projects, involving teams of people ranging from small to large and I really love the fact that this is a very collaborative, team-orientated environment. The work is cross-disciplinary, interesting and extremely varied.

#### What have been your challenges?

There was a bit of a shift in understanding the culture, going from academia to industry, but not much, since most of my scientist colleagues in the research division at ETS are ex-academics. It seemed like a big decision to leave academia, but I haven't regretted it for a second.

#### In what way is your university education relevant to this role?

Having a background in Psychology and knowing about human cognition, especially general processes such as working memory, learning and reasoning has been very useful to me and allows me to offer this expertise across a wide range of projects in the education field. I am amazed how often I find myself remembering back to things I learned in my degree when we are trying to work out why we got certain findings in our research studies. Studying interactive technologies has been useful as well. An understanding of research methods, including how to ask critical research questions and design good empirical studies to investigate them, and being confident in exploring, visualizing, and analyzing data, have been highly valuable for the research projects I work on. Because so many domains have access to huge amounts of data, these skills are in high demand.

#### What advice can you give to others wishing to enter this field?

My top tip for those wishing to enter this field (and many others) is to become comfortable with manipulating, visualizing and analysing data. Data scientists, data analysts, and many other similar job openings need people who can make sense of the masses of user data that are flooding many different fields, including education.



Julia Bradley
NIHR Bristol BRC Nutrition Theme, Research Intern
BSc. Experimental Psychology, University of Bristol, 2019
A-Levels: Psychology, Biology, Spanish, Combined English
Literature & English Language

#### How did you get your job?

I applied to an online advertisement on the University of Bristol jobs site and then attended an interview. I work as part of a team of researchers developing a weight maintenance intervention for individuals with type 2 diabetes. This includes searching the scientific literature, writing research and ethics protocols, creating questionnaires and recruitment flyers, attending meetings and public involvement events and communicating with other staff, study participants and external organisations. My typical working day involves attending one or two meetings or talks and carrying out some independent work or seeing participants that are taking part in our studies. I really enjoy the variety. I am always learning new skills and it makes the job more engaging. I also get to attend lots of really interesting events and talks with external speakers. I would like to continue in the field of research but, I am very flexible about my career path in Psychology.

#### What have been your challenges?

Sometimes it can be quite challenging when I am undertaking a completely new task. For example, I have just started to work on a systematic review with a group of researchers. This is something I have never done before, so I have had to research and learn a lot of new information about how these reviews are carried out.

#### In what way is your university qualification relevant to this role?

My degree gave me experience in conducting scientific research. In my third year, I carried out an experiment with three other students. This taught me how to design an experiment, prepare important documents such as patient information sheets, recruit participants, analyse data, and write scientific reports. All of these are valuable skills that I use regularly in my current job. My course also helped me to improve my communication skills, such as doing presentations and public speaking. These skills are very important for my job, but are also for life in general.

#### What advice can you give to others wishing to enter this field?

Work hard and learn how to be proactive during your degree, as this can open up more opportunities for you after university and makes it easier to adapt to a working environment where you are expected to take initiative and carry out tasks independently. During my studies I also found it really useful to take up extracurricular activities, such as being a committee member for a university society that promotes mental health education. Widening your experience like this helps increase your confidence and you never know when the skills you learn might be useful in your future career.



Evelyn Martin, Research Assistant, NHS BSc Experimental Psychology, University of Bristol, 2018 MSc Clinical Neuropsychiatry, 2019 IB: Psychology, Biology, Maths, Economics, Modern Greek, English.



#### How did you get your job?

I got this opportunity through an advertisement on the NHS jobs website. I have held my position for the past 6 months and my main job is to identify suitable patients through NHS records or through memory clinics and make contact with them regarding our research. Once a patient has been recruited my job is to build a rapport with them to enable me to visit them at home so that I can undertake clinical assessments and arrange any follow-up sessions with them as necessary. Working with patients can be a challenging role but I love learning how to overcome the difficulties I face.

#### What have been your challenges?

The most challenging part is that most patients with dementia and their carers face really difficult times. Knowing that with neurodegeneration things will only get worse is emotionally quite challenging sometimes.

#### In what way is your university education relevant to this role?

My MSc dissertation was on mild cognitive impairment and neuropsychiatric symptoms. I also completed a placement at Lewisham Memory services clinic. Both of these experiences gave me research skills, and interpersonal skills that allowed me to recruit patients and build relationships with them.

#### What advice can you give to others wishing to enter this field?

Take advantage of university and use its connections. Ask your course director if there are any opportunities for you to gain clinical experience through internships or volunteering.

Mei Bai, Graduate Informatics Trainee, University College London Hospital BSc Experimental Psychology, University of Bristol, 2018 A-Levels: Physics, Chemistry, Maths



#### How did you get your job?

I am on the NHS graduate management trainee scheme (health informatics stream). I have two placements based at UCLH, with two different teams: corporate analytics and workforce intelligence. I use machine learning algorithms to build a model that predicts scheduled hospital attendance. I also support the production of new routine infection control reports, working with the divisional information teams and other customers to ensure these reports clearly and accurately communicate the relevant information. I obtained my job through the NHS graduate scheme and the recruitment process involved and online application and psychometric tests, video interview and attending their assessment centre. The graduate scheme provides an opportunity to work in different teams so I can develop different competencies. It also includes an education element and as part of my role I am undertaking a part-time MSc in Health Informatics at UCL.

#### What have been your challenges?

Developing new skills can be challenging, so I devote many of my weekends to study. I also have assignments for the Masters degree so sometimes it is tricky to balance work, study and social life.

#### In what way is your university education relevant to this role?

A lot of people working in health informatics obtained a degree in psychology or biology (or biochemistry/pharmacology/neuroscience). The modules on statistics helped a lot when I start to work, but I wish I had learned R. The more generic, transferable skills gained from my degree also helped me. These include academic writing and presentation skills; critical thinking and analytical skills; abstract reasoning; problem solving; communication and interpersonal skills. The career service was also helpful in terms of preparing for the online job application and assessments.

#### What advice can you give to others wishing to enter this field?

A career in this field requires some experience of either technology or healthcare and a degree in a technology-related discipline. There are different roles in this field, from business analytics to data management, or project management which manages major projects to implement new digital systems that put informatics at the forefront of healthcare. Outside of the NHS, companies like EPIC and Babylon are notable in this field, and consulting firms like Deloitte and EY also have roles related to health informatics.



# Steve Gatfield Group Chairman, Elmwood Design, USA BSc Experimental Psychology, University of Bristol, 1981 A-Levels: History, English, Economics



#### How did you get your job?

I had several years experience running top tier creative industry enterprises across UK, US and Asia Pacific gaining an understanding of acquisitions and start-up development in the digital sector. I have been lucky enough to lead organisations that have won Cannes Grand Prixes and even an Oscar. Competing with the best is a foundational experience. I've been Group Chairman at Elmwood for the past 4 years. My role is to oversee strategic development of the business with key clients as well as corporate development of new ventures and this includes responsibility for key management hiring.

A typical day varies from driving the key objectives and goals across our operations to deep involvement in new business development with our major global clients. Our product is a combination of strategy, inspiration and craft. Design is becoming ever more important not least because design thinking is at the heart of usability and engagement. Iconic design creates an indelible impression that deepens meaning and memorability. It is exciting when you are creating meaning!

#### What have been your challenges?

Creative industries are an unusual blend of art and science and the spark of creativity is tied closely to the talent and culture you create. It is inherently fragile and on occasions it is challenging to reconcile the commercial ambitions for the business with the cultural character to which you aspire.

#### In what way is your university education relevant to this role?

My foundation in psychology and human behavior has been key. I have always looked for hypotheses to test and have been interested in building diversity into teams to achieve exceptional results. I took on a few leadership roles whilst at university from reviving and running Niteline to setting up a theatre company.

#### What advice can you give to others wishing to enter this field?

The world is changing faster than you can teach it. If you want to prosper in innovation you have to open yourself up to new influences, be relentlessly curious and develop core knowledge in the skills and frameworks required to innovate successfully.



Alexandra Baines
Research Executive, Technology & Media,
BSc Experimental Psychology, University of Bristol, 2017
MSc Strategic Marketing, Imperial College, 2018
IB: History, with higher Maths & Psychology

#### How did you get your job?

I have worked in my current role for one year and prior to that I applied for a summer internship during my Masters degree and the accessed the company's graduate recruitment scheme. My job involves conducting all stages of commercial research, specialising in quantitative studies for technology and media clients. I also work within the Be Sci team to help companies use our academic and commercial view of behavioural science to understand consumer behaviour and encourage changes. I find the role very interesting and by working with our clients I am constantly learning new avenues to apply my research skills. I use my understanding of psychology and push myself to research more into this when consulting in behavioural science workshops.

#### What have been your challenges?

The greatest challenge for me has been learning to manage others in a team.

#### In what way is your university education relevant to this role?

The content of my psychology degree was the perfect grounding for this role. I also learned to work in a team and gained presentation skills which has been extremely useful.

#### What advice can you give to others wishing to enter this field?

There are research careers beyond those one typically associates with this sort of role (Finance, Consulting, Marketing). I didn't know this field existed whilst at university and it's the perfect combination for those studying psychology who want to move into the commercial world. So my advice is to do as much research as possible while you are at university and make use of the expertise available in the careers service.



## Adam Fanthorpe Senior Researcher, WarnerMedia, London BSc Experimental Psychology, University of Bristol, 2015 A-Levels: Psychology, Human Biology, Physical Education



#### How did you get your job?

I initially applied for a 3-month intern position with the company and following that I got a permanent job with them. The role involves conducting research for executive level roles (Director and above) across all of the WarnerMedia businesses including Warner Bros., Turner Broadcasting (CNN, Cartoon Network etc.), HBO and WarnerMedia Corporate in EMEA territories. A typical day involves supporting the Search Directors with candidate sourcing, calls to market, interview scheduling, client reports, market-intel projects, application screening and management of our ATS and social media platforms. I enjoy staying up to date with industry news and trends, learning about new functions and roles and understanding how a global media business works. My ambition is to continue learning and developing my executive search skills both in terms of research and sourcing but shifting more towards client and candidate management, with the hope to become a Search Director leading senior global assignments within the media and technology space.

#### What have been your challenges?

It has been a challenge conducting research in different countries and understanding new job functions that were previously unfamiliar to me (e.g., data science).

#### In what way is your university education relevant to this role?

My Psychology degree was heavily research focused and taught me valuable skills such as report writing, data collection, insights and analysis. These are all relevant and transferable skills in my current role as a Senior Researcher.

#### What advice can you give to others wishing to enter this field?

Having prior experience in a research focused role and study is very valuable here and in terms of specific personal qualities, this field requires patience, diligence and the ability to manage or deliver large projects independently and within a team.



Yongli Chen, Trainee Information Analyst, Guy's and St Thomas' NHS Trust BSc Experimental Psychology, University of Bristol, 2018 A-Levels: Maths, Psychology and Economics

#### How did you get your job?

My job entails Information management, and I use Excel, Power BI & SQL, it is part of a Level 4 Apprenticeship. I applied online through *Graduate Into Health* which is part of the Health Innovation Network (HIN). I completed an online application, undertook some cognitive tests and video interviews. I was then invited to an assessment centre, and job interview with my line manager. A typical day involves shadowing senior staff, undertaling routine tasks including gathering data from different sources to compile regular weekly or monthly reports for management. I also attend training programmes to improve technical skills as well as knowledge about the NHS system. Knowing that everything I do every day could contribute to the running of clinical services, and hopefully bring more benefits to the patients and staff is something I really enjoy about this role.

#### What have been your challenges?

The NHS as an organisation is very complicated. There are a lot of new concepts and operating procedures to learn.

#### In what way is your university education relevant to this role?

My degree in Experimental Psychology provided me with research and analytical skills which helped me to process information and solve problems in a structured and effective way. I particularly enjoyed the seminars in Year 3 which gave me with an opportunity to develop my oral communication skills. I think these are the most important attributes in my current role.

#### What advice can you give to others wishing to enter this field?

The soft and hard skills (e.g. communication skills & Excel) I have developed so far are easily transferable between jobs. The advice I wish I had listened to is to start to apply for jobs early on.



# Anand Solanki Data Analyst, GamCare Bsc Experimental Psychology, University of Bristol, 2017 A-Levels: Psychology, Government & Politics, Drama



#### How did you get your job?

I work for GamCare- a charity that helps individuals affected by problem gambling in the UK, and I have been in this role for about 6 months. I found the advertisement on Charityjob.com and applied from there. My job entails providing insights from our database that could help improve patient outcomes and charity operations. To achieve this I carry out statistical analysis and report on my findings to key stakeholders and members of the public.

This role has given me an insight into how psychological knowledge and data analysis skills can be used to change the lives of others. As a result, I hope to explore future opportunities to undertake research with clinical groups, or perhaps clinical psychology in general.

#### What have been your challenges?

Learning new skills such as R and Python has been a challenge but something I have enjoyed.

#### In what way is your university education relevant to this role?

Studying psychology means you have a deeper understanding of the human experience which will put you in a good position to better understand people in the workplace and the issues that affect them, and there are a number of research areas (such as psychometric assessments, motivation and culture) which are directly relevant to some projects. Additionally, your dissertation provides important experience of writing up research findings in a concise and simple manner, utilising both qualitative and quantitative methods and drawing conclusions.

#### What advice can you give to others wishing to enter this field?

The advice I would give to others wishing to enter my or any area of the job market for that matter is to maintain your willingness to learn new skills throughout your career.



# Olivia Outram Management Consultant at Blackdot Consulting BSc in Philosophy & Psychology, University of Bristol, 2014 A-Levels: Biology, History & Philosophy

#### How did you get your job?

I worked at Accenture, a Global Management Consultancy and applied to Blackdot after being contacted by a recruiter via LinkedIn with some available roles from boutique consultancies. I have held my current position for about a year now. This is a client facing role where I work on consulting projects which are based around customer centric growth. We also undertake benchmarking of their sales managers and leaders against our Global database. This gives our clients a relative score of where their staff sit against their global peers. Based on the results we are able to give them a view of their strengths and their opportunities at a team, country and individual level in order to input into their development plans. The job is office based with a team of ten people in a central London office - throughout the day we have team meetings, conference calls with the client and I manage several projects as the project manager and work with a number of clients. The team I manage is a fun group of people who are all very ambitious and working towards the same goal of growing our company and our brand. I am responsible for hiring and training new staff to maintain this important balance of skills and team working. My ambition is to run my own company because I enjoy leading and managing people.

#### What have been your challenges?

The challenge for me was to decide what I wanted to do with my life. My advice it to just go for an opportunity whole heartedly, you don't need to know if its what you will do for the rest of your life. Try it, see if you enjoy it, and go from there. You can always try something else, but not going for things or making decisions will hold you back.

#### In what way is your university education relevant to this role?

The research, analytical and writing skills I gained in my degree have been invaluable. We also have projects employing psychological profiling which has been really interesting! We do assessments around the personality traits, emotional intelligence and cognitive ability of the workforce to help inform our findings and insights.

#### What advice can you give to others wishing to enter this field?

Apply to a global management consulting company out of university, they have the best opportunities and training you could possibly get at the start of your career!



Ruhani Duggal, Creative Director, Vilasa Travel, India Bsc Experimental Psychology, University of Bristol, 2018. Diploma in Creative & Cultural Businesses, 2019. A-Levels: English, Psychology, Political Science, Economics, History



#### How did you get your job?

I observed a gap in the market between what was offered as luxury and what the clients wanted and thus, Vilasa was conceptualized & born as a brand. I guess you could say I didn't get the job, I created the job! I have been Creative Director for about two years. The job entails understanding the psyche of travellers from different countries and crafting bespoke travel experiences. Since Vilasa is young as a brand, I wear multiple hats throughout the day which I love! I brainstorm with my creative team for product and promotional materials and check on their well-being. In between, you can catch me juggling anything from excel cost sheets to writing handwritten notes for our travellers. I make sure to always end the day with uninterrupted reading, it's what energizes me to innovate. I love how diverse my role is at the moment. It gives me the chance to learn extensively, but it's also really honed my design thinking skills. I'm often called upon for a 'psychological hack' when we're stuck in a tricky situation! What I strive for everyday is to create a difference, not just for my clients but also our partners. The goal is to transform the way people travel. If I can retire as a respected individual in my industry, I'll be content.

#### What have been your challenges?

It is a challenge to be a woman in the tourism industry in India. Since the job requires odd work hours and frequent travelling, it is mainly a male dominated field where I have to work twice as hard to be considered just as good as my male counterparts.

#### In what way is your university education relevant to this role?

Studying psychology was an essential contributor to starting my own travel brand. I was the only Indian student in our class, so adjustment did take some time but today, I have the confidence that I'll fit into any work role required. In class, we were encouraged to debate, to critique and to question things, a skill I wasn't taught before. Acting as the course representative really honed my communication and leadership skills. Today, I work with a team of over 50 people all across the globe and communication's never been a challenge. The statistical analysis skills I gained have also been invaluable in my vurrent role.

#### What advice can you give to others wishing to enter this field?

Don't be afraid to break the mould. If your idea shakes the table there's nothing like it! It is what will get the attention and appreciation of your future clients. A personal touch, no matter how small, will also make a difference, so do pay attention to the personality of your clients. Oh, and remember, a happy traveller tells five but an unhappy traveller tells fifteen!



Antonia Austyn
PR Account Executive, Nous Communications
BSc Experimental Psychology, University of Bristol, 2017
A-Levels: Psychology, Geography and English, Economics, History

#### How did you get your job?

My current job involves coordinating media campaigns and media coverage for Bang & Olufsen. In this role a typical day involves looking for press opportunities for my client and meeting with journalists to talk about new launches for the brands I support. I work on current campaigns for the press and issue media information for those clients. I was originally an intern at the company and this helped me to get my current position.

#### What have been your challenges?

My initial challenge has been to overcome shyness when talking to journalists which has improved a lot! I am aiming to become a PR Director in 5 years.

#### In what way is your university education relevant to this role?

The content of my degree in Psychology placed an emphasis on understanding human behaviour which is useful when trying to understand how to grab a journalists attention or how to make your brand stand out in the media. Specifically, content on academic writing, presentation skills, and critical thinking are essential to this role. The career service was also helpful in terms of preparing for the online job application and assessments. I really enjoy the social aspect of the role which involves working with journalists, meeting with new people and coordinating events.

#### What advice can you give to others wishing to enter this field?

Try to do as much extra-curricular activity as you can, to help you with getting a job after university - you don't necessarily have to know what you want to do but any experience you do get will help you climb the career ladder faster



Emilie Coalson, Marketing Coordinator, Taboola, UK BSc Experimental Psychology, University of Bristol, 2017 MSc Marketing, University of Exeter, 2018 IB Psychology, Maths Studies, English Literature, French, Environmental Systems & Societies, History



#### How did you get your job?

I was recruited by the company's Talent Acquisition team via LinkedIn because I had relevant education and experience in Marketing, and because I spoke Russian - they were looking for someone Russian-speaking for the job. My job entails planning and executing online and offline events, creating marketing assets and managing communications with clients. I am usually in the office, working with my team to make arrangements for all the events that we organise and attend to get the company's name out there. I also work on creating and updating marketing assets like one sheets, brochures and content. A fun part of my job is also taking care of 'swag' the branded merchandise that we give clients and prospects to build relationships with them. About once a month, I travel to attend an event such as DMEXCO, a huge digital marketing conference held every year in Cologne. When I'm travelling, the days are very long and tiring - I spend all day on site making sure that everything runs smoothly and sales people are well equipped to pitch to prospective clients. It is exhausting, but lots of fun and very satisfying. I'd love to one day be a Head of Content Marketing or Head of Growth for an organisation, building strategy and getting the word out about something that I believe in.

#### What have been your challenges?

When I started my job, I was overwhelmed by how little I knew about the products and the industry. It seemed like I would never catch up! Throwing myself into the work took care of that and I learned incredibly quickly on the go.

#### In what way is your university education relevant to this role?

My Psychology degree taught me to take a scientific approach to things and helped me learn how to conduct research - this has been an incredibly useful skill, as we often conduct surveys and market research in my role. While I was studying at Bristol, I was also involved in a student-led organisation called Best of Bristol, which organised open lectures by the student body's favourite lecturers. As Marketing Officer, this was my first marketing role and showed me the direction that I wanted to go in my career.

#### What advice can you give to others wishing to enter this field?

Get as much experience as you can, whether from internships, volunteering projects or full time roles - employers want to see that you are interested in the industry and know what being a marketer entails.



Lana Crick, Senior Associate, Price Waterhouse Cooper Bsc Experimental Psychology, University of Bristol, 2014 Msc Organisational Psychology, University of Bristol, 2015 A-Levels: Psychology, Maths, Art

#### How did you get your job?

I joined PwC's graduate scheme in 2016. My work involves consulting to both private and public sector clients on issues that impact their workforce, such as; culture and communications, workforce structure and planning, training and development, pay and fairness (gender pay, equal pay, minimum wage). A typical week is very varied. I might be at a client's office elsewhere in the UK conducting interviews / focus groups / training sessions, or I might be in the office (or working from home) doing research and working on reports. I travel a lot to other PwC offices for meetings and training sessions. I really enjoy the subject matter. Often for clients, their workforce is their biggest asset and their biggest concern, and the work we do can ultimately impact their employees experience of their jobs.

#### What have been your challenges?

It's often fast paced with challenging deadlines.

#### In what way is your university education relevant to this role?

Studying psychology means you have a deeper understanding of the human experience which will put you in a good position to better understand people in the workplace and the issues that affect them, and there are a number of research areas (such as psychometric assessments, motivation and culture) which are directly relevant to some projects. Additionally, your dissertation provides important experience of writing up research findings in a concise and simple manner, utilising both qualitative and quantitative methods and drawing conclusions.

#### What advice can you give to others wishing to enter this field?

You do not need to have studied a Masters in organisational psychology, but having an interest in this area of psychology and reading around the subject is useful, as is any experience in HR / learning and development / employment law.



# Alex Walford Senior Associate, Price Waterhouse Cooper, Cardiff Bsc Experimental Psychology, University of Bristol, 2015 A-Levels: Maths, Biology, Psychology



#### How did you get your job?

I first found out about PwC at a careers fair held at Bristol University. I joined the firm in September 2016, exam qualified in November 2018, and fully qualified as a Senior Associate in September 2019. I work as a financial auditor, so my main job role is to review the accounts of companies to ensures the validity and legality of their financial records. We also provide financial and business advice to our clients, that offers improvements on control systems and cost-saving methods to maximise profitability. A typical day can vary depending on what client you are working on. The job is not often office based, as much of the work is completed at the client site. However, with the advancement in technology, a lot more work can be completed remotely. A typical day will often involve meetings with both the client and the team. Teams can vary depending on the size of the audit, but usually range from about 2-10 people. The majority of the work is completed on your laptop, using a variety of systems to carry out audit tests established to assess the validity of client records. I love the variety the job offers, and the relationships we build with clients. At PwC, I have worked in a range of industries, which has enabled me to interact with clients and gain a great understanding of different types of businesses.

#### What have been your challenges?

For me, the greatest challenge has been managing the stress of tight deadlines. You often work on multiple clients at the same time, therefore, you have to manage and prioritise deadlines to ensure all the jobs are completed when required.

#### In what way is your university education relevant to this role?

My university qualification enabled me to apply for the job, as one of the requirements was a degree (although this did not have to be financial). My qualification gave me confidence in public speaking, which has helped me to present in client meetings and tutor the year groups below me. My degree also gave me an in-depth understanding of report writing, which I have used to consolidate and summarise our audit findings to clients. The statistics part of my degree helped me analyse numbers and data in a comprehensive format, which is something I now use on a daily basis in my job.

#### What advice can you give to others wishing to enter this field?

Never give up! The exams are hard, especially coming from a non-financial background. However, with determination and commitment, I promise you will complete them and have a lot of fun on the way.



John Lau
PayMe Solution & Integration Manager, HSBC, Hong Kong
BSc Experimental Psychology, University of Bristol, 2014
MSc Computer Science, 2015
A-Levels: Maths, Physics, Chemistry, Chinese

#### How did you get your job?

I have held my current position for 9 months. I was working at another bank before this and applied through the HSBC's website. I'm on the commercial side of PayMe and my role is to assit commercial clients to onboard to PayMe's API product and ensuring their integration is up to our internal standard. I will guide them through the whole integration journey and provide support to their developers by answering technical questions and possibly providing a solution walkthrough with them. I also work in tasks related to Business development such as market research, assisting in contract negotiations with business partners. I really enjoy the client-facing aspects of my job and these opportunities are rare in banking in Hong Kong. of PayMe is considered quite advanced in Banking Technology and being part of a company using cutting-edge technology is quite exciting. In the longer-term I would like to move into a career in cybersecurity.

#### What have been your challenges?

My current role is not as challenging as some of my previous roles, but in any new job there is a need to gain a wider understanding of the different processes used by the company and sometimes there can be conflict between different teams in the company that need to be resolved.

#### In what way is your university education relevant to this role?

My degree gave me an excellent understanding on human behaviour and this has this has been really useful in working with the range of different people I come into contact with in my role. I'd say that most of the problems I encounter are really people problems (and this includes some of the technical challenges I have to resolve) so this is really useful knowledge to have. My MSc course also gave me the technical skill required this role. I continue to take courses that will help me in my future career choices.

#### What advice can you give to others wishing to enter this field?

Knowledge is power so always find something to learn while you can. The Cloud and Data is the future so it is helpful to develop an understanding of these things early. Embrace change - working in tech means you will likely be the last one who leaves the office and first to get fired, the technical skills you learned today will not be useful after 1-2 years. So, you need to be prepared to continually update your knowledge.



# Dr Fiona Hyland Senior Programme Manager for Enterprise & Engagement BSc Experimental Psychology, University of Bristol, 1992 PhD Psychology, University of Bristol, 1998 A-Levels: Maths, Chemistry, Biology



#### How did you get your job?

I have been doing my current job for the past two years, although I have held other roles at the University prior to that. A combination of prior work experience, subject knowledge and general persistence led to me being well placed to compete in the recruitment process. My job entails developing a new way of working at the campus we're building at Temple Quarter which involves a more ambitious approach to collaborating with external partners. There is not really any such thing as a typical working day in this role, although attending meetings writing reports are common requirements. The job provides an opportunity to make positive changes to the city region and the lives of those living and working here.

#### What have been your challenges?

A 6-year career break looking after my children meant that I had to work hard to get back on the career ladder. Gender & BAME issues are a challenge when you don't quite fit the model of what employers are looking for. Hopefully though this is improving.

#### In what way is your university education relevant to this role?

Having a degree opens doors. The extra-curricular activities I undertook at university helped shape the person I was when I started on my career path.

#### What advice can you give to others wishing to enter this field?

Once you're in a role, don't wait to be recognised for good work, as that might not happen. Be proactive in asking for opportunities and be prepared to move if an organisation doesn't value you.



Jessica Towner
Gig Buddies Coordinator, East Sussex
BSc Experimental Psychology, University of Bristol, 2019
A-Levels: Psychology, English Literature and Double
Performing Arts

#### How did you get your job?

I started running a voluntary mental health improvement group with a band who have learning disabilities or autism, and then heard about the position at gig buddies so interviewed and was successful! My job entails supporting volunteers, and participants with learning disabilities, organising events for both volunteers and participants, matching up volunteers and participants based on their personalities and interests and recruiting volunteers. There's no such thing as a typical working day with my organisation. It is so flexible and changeable which really suits me. I can have office days sometimes but mainly it's travelling around meeting people to get an idea of what they're like so I can best pair them up! I love chatting to such a wide variety of people and seeing that I'm making a difference in their lives.

#### What have been your challenges?

None is my current role. My biggest challenge to date was getting through my third year of university! I found it really tough mentally but it was absolutely worth it and luckily I had a fantastic and supportive supervisor who kept me going.

#### In what way is your university qualification relevant to this role?

My Psychology degree helped me learn to manage my time, write properly, and understand more about the human condition. It also taught me what I wasn't interested in which I think is very important because it helps you better understand yourself and what you want from your career and life in general! I volunteered a lot with Changes Bristol as well which I loved so much and reinforced my desire to help people work through their problems.

#### What advice can you give to others wishing to enter this field?

Get volunteering is definitely the most important thing, it'll help not only your career but your mental well-being and understanding of yourself too!



# Daisy Mummery Development Policy & Improvement Officer, Bristol BSc Experimental Psychology, University of Bristol, 2018. A-Levels: Psychology, Geography, Biology



#### How did you get your job?

I was alerted to my current position at Soverign Housing Association through a person I knew, who encouraged me to apply and I have been doing this for two years now. My work involves the development of policies and procedures behind affordable housing development. My typical working day involves office work, site visits, and networking with key stakeholders. I really enjoy the varied nature of the work I do. In the future though I would like to be able to move into a job more specifically related to my psychology training.

#### What have been your challenges?

Starting in a role that did not exist before and finding my feet.

#### In what way is your university education relevant to this role?

My degree in Psychology provided me with key skills in statistical analysis and academic writing that have been invaluable in my current role.

What advice can you give to others wishing to enter this field?

Never say never!

# Notes

# Notes

# Some useful careers resources

# **American Psychological Society Careers**

https://www.apa.org/careers/

# **Brightnetwork**

brightnetwork.co.uk/no-idea-what-do/what-to-do-with-degree/psychology-degree/

# **British Psychological Society Careers Website**

https://careers.bps.org.uk/

# **Charity Job Listings**

Charityjob.com

#### LinkedIn

linkedin.com

#### **NHS Resources**

healthcareers.nhs.uk/FindYourCareer

jobs.nhs.uk

# **National Careers Service**

nationalcareers.service.gov.uk/explore-careers

# Prospects Careers Site - Details on a range of careers here.

prospects.ac.uk

# **University of Bristol Careers Service**

bristol.ac.uk/careers

#### Voscur

voscur.org/

